WARTIME COOKERY BOOK

What to give them?

now more than ever . . . .

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me for McDougall's

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McDougall's
wartime cookery book

Dear Madam,

There is no need for me to remind you of the difficulties and problems which will confront you, as a housewife, in your home cooking this year. Like all women who are going to make a good job of "defending the home front", you will want to have a special wartime plan of action - you will want to meet new conditions by new methods.

We at McDougalls have always been at your service in the past, and now we want you to feel more than ever that you can send your cookery problems to us with the assurance that they will be dealt with in a practical way. With a view, therefore, to helping you directly and efficiently, we have prepared this book. You will find everything in it is good sound common sense. We send it to you with our very best wishes.

Yours faithfully,
For McDOUGALLS LIMITED

Charles McDougall

Managing Director.

Wartime Economy

INTRODUCTION

THIS is an age of specialisation and of the trained expert. The public demand a high degree of excellence in what is offered to them over the counter, and like to have the guarantee of a well-established brand attached to their purchases. The Proprietors of **McDougall's Self-raising Flour** are specialists in this article, and have devoted themselves chiefly to this branch of the milling trade for more than seventy years.

The Flour is manufactured at their own mills in London, Andover, and Hellingly, from wheats specially selected to make the very finest flour for cakes, pastry and puddings. Raising ingredients of the highest quality, carefully tested for purity, are mixed in thoroughly by machinery in accurate scientific proportions. No addition of Baking Powder or Bicarbonate of Soda is necessary or advisable.

Being milling experts (not merely packers of flour) and having control of the manufacture at every point, from the wheat itself to the packet of Self-raising Flour delivered to the grocer and baker, they are able to ensure reliability and purity, with the result that many thousands of housewives rely on **McDougall's Self-raising Flour** for all their pastry, cake and pudding making.

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MILLS

Wheatsheaf Mills, Millwall Docks, London,
Horsebridge Mills, Hellingly, Sussex,
and Junction Mills, Andover, Hants.

DEPÔTS :

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me for McDougalls

HINTS ON WARTIME ECONOMY

1. Use **McDougall's Self-raising Flour** and avoid failures and waste of materials.
2. Select food for its nourishing value.
3. Plan meals ahead and cook as much as possible once the cooker has been heated up.
4. Use a three-tier steamer so that complete meals can be cooked on one burner.
5. Make a haybox and save fuel.
6. Use surplus dripping in place of margarine for cakes made by the " rubbing-in " method.
7. Serve dripping toast and fried bread to save butter ration.
8. Joints of meat lose less weight during the cooking if they are stewed or boiled instead of fried or baked.
9. Well thawed, boned joints are the most economical.

OUR FREE COOKERY SERVICE

Many of you know our Cookery Expert—Janet Johnston—and have benefited in the past by her practical advice. She is prepared to help you in every possible way in these difficult times. Write to her or 'phone (EAST 5050), WHEATSHEAF MILLS, MILLWALL DOCKS, E.14.

HANDY MEASURES

1 tablespoonful flour (as much above the rim of the spoon as below) ...	= 1 oz.
1 level tablespoonful castor sugar ...	= ½ oz.
1 tablespoonful jam, honey or syrup ...	= 2 oz.
7 tablespoonfuls water	= ¼ pint
1 gill	= ¼ pint
1 breakfast cup flour (holding ½ pint liquid)	= approximately 4–5 oz.
1 breakfast cup castor sugar (holding ½ pint liquid)	= ½ lb.
1 hen's egg weighs about	= 2 oz.
1 hen's egg	= 2 tablespoonfuls of liquid
A piece of butter, lard or margarine the size of a small egg	= 1 oz.
3 pennies	= 1 oz.
1 penny and 1 halfpenny	= ½ oz.

Complete Meals cooked in Oven

Menu 1

Roast Boned Ribs of Beef.
★ Yorkshire Pudding.
Baked Potatoes.
Roast Parsnips.
★ Fruit Tart.

Menu 2

Irish Stew.
Stewed Carrots.
Milk Pudding.
Baked Apples.

Menu 3

★ Savoury Liver.
Stewed Turnips.
Baked Potatoes.
★ Apricot Pudding.

Menu 4

Baked Cod.
Baked Tomatoes.
Baked Potatoes.
★ Apple Sponge.

★ *Refer to index for these recipes.*

. . . . . cooked on one burner

These are suitable menus for the 3 tier steamer

Menu 1

Lentil Soup.
Steamed Hake.
Potatoes, Carrots.
★ Treacle Pudding.

Menu 2

Boiled Rabbit.
Onions, Carrots.
Potatoes.
Stewed Prunes (in basin).
Stewed Rice (in basin).

Menu 3

Boiled Silverside.
Carrots, Onions.
★ Dumplings.
Potatoes.
★ Date Pudding.

Menu 4

Steak and Kidney Pudding.
Potatoes.
Haricot Beans.
★ Jam Layer Pudding.

★ *Refer to index for these recipes.*

Fish dishes

SMOKED FISH TURNOVER.

FLAKY PASTRY.

6 oz. McDougall's Self-raising Flour. 4 oz. Margarine and Cooking Fat (mixed). Squeeze of Lemon Juice. Cold Water to mix.

FILLING.

6 oz. Cooked Smoked Fillets. 1 Hard-boiled Egg. 2 tablespoonfuls Mashed Potato. 1 teaspoonful Chopped Parsley. Salt and Pepper. Grating of Nutmeg. 3/4 oz. Margarine. 3/4 oz. McDougall's Self-raising Flour. 1/4 pint Milk.

Sieve the flour and salt into a basin, divide the fat into four equal portions and rub a quarter into the flour. Mix to a pliable paste with the lemon juice and water. Knead until smooth and roll out into an oblong. Put one of the remaining portions of the fat in small flakes on two-thirds of the pastry. Lift the plain piece of pastry half-way over the pastry and fat, fold the top pastry and fat over. Seal the edges with the rolling pin, and give the pastry one half-turn. Roll out again and repeat with the third portion of fat. Roll out again and repeat with the fourth and last portion of fat. Roll out again, fold and seal, and leave in a cold place for as long as possible.

TO PREPARE THE FILLING.

Melt the margarine, add the flour, cook for a minute, then stir in the milk and bring to the boil. Cook for a minute, then add the chopped egg, flaked fish, and the rest of the ingredients. Allow to cool.

TO MAKE THE TURNOVER.

Roll out the pastry into a square, cut off the edges, brush the edges of the pastry with beaten egg and put the filling in the middle. Bring the two top corners of the pastry together and press the edges firmly. Repeat with the bottom corners. Press the other edges in place. Brush with beaten egg. Make pastry leaves from the trimmings, brush with egg and put them in the centre, roll up a ball of pastry and put in the centre to hold the leaves in place.

Place on a lightly greased baking sheet and bake in a fairly hot oven for forty minutes.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

SUMMER FISH FLAN.

Short Crust Pastry, half quantity (see *page 26*). **1 lb. Rock Salmon. 4 Small Tomatoes. Salt and Pepper. 1/2 pint packet Aspic Jelly. Parsley.**

Prepare the pastry case as for Savoury Fish Flan (*see page 9*), allow to cool.

Wash the fish, cover with water and simmer until tender. Drain and cool. Dissolve the jelly as directed and cool until just starting to thicken.

Arrange the fish neatly in the pastry case. Slice the tomatoes thinly and put them around the edge with a tiny sprig of parsley on each. When the jelly is just starting to thicken, pour over and leave to set.

HERRING ROLLS.

Short Crust Pastry (see *page 26*). **4 Medium-sized Herrings. 4 Bay Leaves. Pepper. 4 teaspoonfuls Vinegar. A little Beaten Egg.**

Wash and scale the herrings, remove the heads and fins. Slit open, clean and reserve the roe. Flatten the fish and remove the back bones. Wash again and drain. Put a bay leaf and the roe on each herring. Season with pepper, sprinkle the vinegar over and roll up tightly. Prepare the pastry and roll out into a square. Cut into four equal squares. Place a herring on each piece of pastry, roll up and brush a little beaten egg on the edges of the squares to hold the roll in place. Place the rolls on a greased baking sheet and bake in a fairly hot oven for thirty minutes. Serve hot or cold.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

COD'S ROE PANCAKES.

PANCAKES.

1/4 lb. McDougall's Self-raising Flour. Pinch of Salt. 1 Egg. 1/2 pint Milk. Cooking Fat.

FILLING.

1/2 lb. Cod's Roe. 1 tablespoonful Vinegar. Salt and Pepper. 1 oz. McDougall's Self-raising Flour. 1 oz. Margarine. 1/4 pint Milk. 1 Lemon.

Prepare the batter in the usual way and pour it into a jug.

Wash the roe, add the vinegar and sufficient water to cover. Simmer gently for fifteen minutes, then cut into neat pieces. Measure a quarter of a pint of the liquor in which the roe has been cooked, making up with water if necessary. Melt the margarine, add the flour, stir and cook for a minute, then add the fish liquor and milk by degrees, stirring all the time. Bring to the boil, add the roe, season to taste and keep hot.

Make the pancakes in the usual way, turn them on to a piece of grease-proof paper, put some of the filling in the centre, roll up and keep hot whilst the rest of the pancakes are being made. Serve with quarters of lemons.

Fish dishes

KIPPER AND RICE PASTIES.

Short Crust Pastry (*see page 26*). **2 Kippers or 6 oz. Cooked Smoked Haddock. 3 oz. Rice. Pepper.**

Cook the kippers, remove the bones and skin, then flake the fish coarsely. Wash the rice and cook in fast-boiling salted water for fifteen minutes. Drain and cool. Add the kippers and pepper to the rice and mix well. Prepare the pastry, cut into four and roll each piece into a round. Brush the edges of the pastry with beaten egg or water and put the filling in even amounts in the centre. Bring the edges to the middle, pinch well together, neaten and twist into flutes with the fingers and thumb. Brush with beaten egg, if liked.

Bake in a fairly hot oven for twenty minutes. Serve hot or cold.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

FISH PIE.

Short Crust Pastry, 6 oz. McDougall's Self-raising Flour, etc. (*see page 26*). **3/4 lb. Cod, Hake or Rock Salmon. 1/4 lb. Tomatoes. Teaspoonful Chopped Parsley. 1 Large Potato (approx. 1/2 lb.) unpeeled. Salt and Pepper. 1 dessertspoonful Vinegar. 1 Meat Cube—1/2 pint Boiling Water.**

Dissolve the meat cube and allow to cool. Wash the fish and cut into large neat pieces. Arrange the fish, sliced tomatoes, sliced potatoes, parsley and seasoning in layers in a pie-dish. Add the vinegar and liquid. Cover as for Fruit Tart (*see page 26*). Decorate with pastry leaves and brush with beaten egg, if liked. Bake for one and a half hours in a fairly hot oven, covering the pie with greased paper when the pastry is brown.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

HERRING AND POTATO PIE.

Short Crust Pastry, 6 oz. McDougall's Self-raising Flour, etc. (*see page 26*). **2 Medium Herrings or Bloaters. 3 Medium Potatoes, parboiled in the skins. 1 Small Onion. Pepper and Salt. 1 dessertspoonful Vinegar. Cold Water.**

Remove the heads, tails and fins from the fish, slit open and reserve the roe. Flatten the fish and remove the backbones. Wash thoroughly. Cut into four. Arrange the fish, sliced potatoes and grated onion in layers in a pie-dish, season each layer lightly. Add the vinegar and sufficient water to half-fill the dish.

Prepare the pastry, cover as for Fruit Tart (*see page 26*). Brush with beaten egg, if liked.

Bake in a fairly hot oven for thirty minutes.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

SAVOURY FISH FLAN.

4 oz. Short Crust Pastry, half quantity (*see page 26*). **6 oz. Cooked Smoked Fillets. 3 oz. Grated Cheese. 1 oz. Margarine. 1 oz. McDougall's Self-raising Flour. Salt and Pepper. 1/4 pint Fish Liquor. 1/4 pint Milk.**

Prepare the pastry, roll into a round and line a seven-inch sandwich tin with it. Put a large round of greased greaseproof paper, greased side down, on the pastry, and fill with breadcrusts or rice to prevent the pastry rising. Cook in a fairly hot oven for twenty minutes. Remove the paper, etc., and put the pastry back into the oven for five minutes to dry the bottom.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

TO PREPARE THE FILLING.

Melt the margarine, stir in the flour, cook for a minute, add the liquids by degrees, stir and boil for one minute. Add the flaked fish, seasonings and most of the cheese, saving a little for sprinkling on the top of the flan. Put the mixture into the pastry case, sprinkle the cheese over, brown under the grill. Serve hot or cold.

KEDGEREE.

1/2 lb. Cooked Smoked Haddock or other Cold Fish. 4 oz. Rice. 1 Hard-boiled Egg. 1 oz. Margarine. Salt and Pepper. Grating of Nutmeg. Chopped Parsley.

Wash the rice, soak for twenty minutes, then cook in fast-boiling water for ten minutes. Strain into a colander and pour a cup of hot water over. Melt the margarine in a saucepan, add the rice, coarsely flaked fish, chopped hard-boiled egg, seasoning and nutmeg. Stir over low heat with a fork, being careful not to mash the ingredients. When hot through, pile on a hot dish and sprinkle a little chopped parsley over.

SMOKED FISH PIE.

Short Crust Pastry, 6 oz. McDougall's Self-raising Flour, etc. (*see page 26*). **1 lb. Smoked Fillets. 2 tablespoonfuls Breadcrumbs. 2 teaspoonfuls Chopped Parsley. Pepper. Milk. Beaten Egg.**

Wash the fillets, remove the skin and cut into neat pieces. Put them in a pie-dish and sprinkle with breadcrumbs, parsley and a little pepper between each layer of fish. Add sufficient milk to come half-way up the dish.

Prepare the pastry, roll out and cover the dish as for Fruit Tart (*see page 26*). Brush with beaten egg and decorate with pastry leaves.

Bake for thirty minutes in a fairly hot oven.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

Unrationed meat dishes

SAUSAGE AND TOMATO PIE.

Short Crust Pastry, 6 oz. McDougall's Self-raising Flour, etc., (*see page 26*). **3/4 lb. Pork Sausages. 1/2 lb. Tomatoes. Seasoning. A little Beaten Egg.**

Prepare the pastry, divide in half, roll one portion into a round and line a seven-inch sandwich tin. Dip the sausages in cold water, slit and remove the skin. Put half the sausage meat on the pastry, add the thinly-sliced tomatoes, season lightly and add the remainder of the sausage meat. Brush the edge of the pastry with beaten egg and cover with the remaining pastry. Trim and decorate and brush with beaten egg. Bake in a fairly hot oven for forty minutes.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

PIG'S TROTTERS AND DUMPLINGS.

4 Pig's Trotters. 1/2 lb. Carrots. 1/2 lb. Onions. Salt and Pepper. Cold Water. Chopped Parsley. Dumplings (*see page 25*).

Wash the trotters, put them into a saucepan, cover with cold water and simmer steadily for two hours. Add the sliced carrots, onion and seasoning and cook for another hour.

Make the dumplings, drop into the boiling liquid and cook, covered, for twenty to thirty minutes according to the size.

Lift the dumplings on to a hot dish, place them around the edge, put the trotters in the middle and arrange the vegetables around. Sprinkle a little chopped parsley over and serve the liquor in a hot jug.

This dish may be cooked in a casserole in the oven if more convenient.

SAUSAGE ROLY POLY.

Suet Pastry (*see page 19*). **3/4 lb. Pork Sausages. 2 tablespoonfuls Grated Onion. Brown Sauce** (*see page 19*).

Prepare the pastry, roll out into an oblong and moisten the edges with water. Dip the sausages in cold water, slit and remove the skin. Spread the sausage meat to within an inch of the edges of the pastry. Spread the onion on the sausage meat and roll up. Roll in greased greaseproof paper, then in a greased pudding cloth. Tie the ends securely and pin the centre of the cloth. Put into fast-boiling water and cook steadily for one and three-quarter hours.

Turn out and serve with Brown Sauce (*see page 19*).

LIVER SANDWICH.

Suet Pastry, 6 oz. McDougall's Self-raising Flour, etc. *(see page 19).*

FILLING.

1/2 lb. Liver. 1 Small Onion. Salt and Pepper. 1/4 teaspoonful Mixed Herbs.

Wash and trim the liver, pass it and the onion through the mincer, add the seasoning and herbs.

Sieve the flour and salt into a basin, add the suet and mix to a light dough with cold water. Cut the pastry in half and line a greased seven-inch sandwich tin with one portion. Add the liver mixture. Roll out the remaining piece into a round, moisten the edges, place on the top of the mixture and neaten.

Bake in a fairly hot oven for half an hour and serve hot with Brown Sauce (*see page 19*).

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

RABBIT PIE.

DRIPPING PASTRY.

1/2 lb. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 1/4 lb. Beef Dripping. Cold Water to mix.

FILLING.

1 Rabbit. 1 tablespoonful McDougall's Self-raising Flour, 1/2 teaspoonful Salt, 1/4 teaspoonful Pepper—Seasoned Flour. 1 Onion. Cold Water.

SAVOURY BALLS.

3 tablespoonfuls Breadcrumbs. 1 tablespoonful McDougall's Self-raising Flour. 1 1/2 tablespoonfuls Shredded Suet. 2 teaspoonfuls Chopped Parsley. Little Grated Lemon Rind. Salt and Pepper. A little Beaten Egg or Milk to bind.

Wash the rabbit thoroughly, remove the heart, liver and kidneys and cut into neat joints. Put all into a saucepan with a whole onion and seasoning. Cover three parts with cold water, bring to the boil and simmer gently until the rabbit is nearly tender.

Lift out the joints, drain, and toss in the seasoned flour. Arrange in a pie-dish with a pie funnel or egg cup in the centre to support the pastry. Half-fill with the rabbit stock.

Mix all the dry ingredients for the savoury balls and bind with the liquid. Shape into small balls and add them to the dish.

Sieve the flour and salt into a basin, rub in the dripping and mix to a firm paste with cold water. Proceed as for Fruit Tart (*see page 26*).

Decorate with leaves and a tassel made from the trimmings. Brush with beaten egg, if liked. Bake for half an hour in a fairly hot oven.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

Unrationed meat dishes

SHEEPS' HEARTS PIE.

2 Sheep's Hearts. 1 Small Onion. 1/2 teaspoonful Powdered Sage. 4 tablespoonfuls Breadcrumbs. Salt and Pepper. Cold Water. Suet Pastry, half quantity *(see page 19)*.

Wash the hearts thoroughly, slit them, remove the pipes and cut the meat into neat pieces. Put into a pie-dish or saucepan, season, add sufficient water to cover and stew gently for one hour. Add the grated onion, breadcrumbs and sage. Make the pastry, roll out into an oval or oblong to fit the pie-dish. Put the pastry in place and bake in a fairly hot oven for half an hour.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

COW HEEL STEW.

1 lb. Cow Heel. 1/2 lb. Carrots. 1/4 lb. Onions. 2 tablespoonfuls Rice. Salt and Pepper. Water. Suet Pastry *(see page 19)*.

Wash the heel and cut into three or four pieces. Put it into a saucepan with the sliced onions, carrots and seasoning. Cover with water, bring to the boil and add the rice. Stir occasionally to prevent the rice sticking, and cook for one hour. Prepare the pastry, roll into a round slightly smaller than the saucepan, and put it on the top of the stew. Replace the lid and boil for twenty to thirty minutes, according to the thickness of the pastry. Lift the pastry on to a plate, cut into four, and put the meat, vegetables and liquor on to a dish, and place the pieces of pastry around.

ONION AND KIDNEY DUMPLINGS.

Short Crust Pastry *(see page 26)*. **4 medium-sized Spanish Onions. 1/4 lb. Ox Kidney or 2 Sheep's Kidneys. Salt and Pepper. Beaten Egg.**

Peel the onions, put them in cold water and bring to the boil. Strain off the water, cover again with cold water and cook until tender but unbroken. Allow to cool. Meanwhile cut the kidney into small pieces, season, just cover with water and cook until tender. Remove the centres carefully from the onions, chop them, add the kidney and seasoning and mix well.

Prepare the pastry, cut into four and roll each piece into a round. Brush the edges of the rounds with beaten egg or water. Put an onion on each round and fill the centres with the kidney mixture. Bring the edges of the pastry together, press well and turn the dumplings over. Brush with beaten egg, place on a greased baking sheet and bake in a fairly hot oven for twenty minutes. Serve hot with Brown Sauce *(see page 19)*.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

Unrationed meat dishes

SAVOURY LIVER.

1/2 lb. Pig's, Calf's or Sheep's Liver. 4 tablespoonfuls Breadcrumbs. 1 dessertspoonful Chopped Parsley. Salt and Pepper. 1 Meat Cube and 1/2 pint Boiling Water. 4 pieces Bacon (if available).

Wash the liver thoroughly, cut into four slices and place these in a baking tin. Dissolve the meat cube in the boiling water and pour sufficient into the tin to just cover the liver. Mix the breadcrumbs, parsley and seasoning, and cover each slice of liver with the mixture, lay the bacon (if used) on the top. Cover closely with greased grease-proof paper and bake in a moderate oven for half an hour. Remove the paper, add a little more liquid and allow the bacon to crisp or the crumbs to brown lightly. Serve with the remainder of the liquid heated up.

SHEEP'S HEAD BROTH (2 Meals in One).

1 Sheep's Head and Trotters (dressed). 2 Carrots. 2 Leeks. 2 Onions. 1 Turnip. 1/2 Cabbage. Salt and Pepper. 1/4 lb. Pearl Barley or Rice. Cold Water.

Wash the head and trotters thoroughly, put them into a saucepan, cover with cold water and bring to the boil. Add the rice or barley and cook for one hour. Grate or slice the vegetables, add them and the seasoning and cook for two hours. Lift out the head and reserve for dinner the next day. Serve the broth.

SHEEP'S HEAD AND PARSLEY SAUCE.

1 Cooked Sheep's Head. 1/2 pint Milk. 1/4 pint Broth. 1 1/2 oz. Margarine. 1 1/2 oz. McDougall's Self-raising Flour. 1 dessertspoonful Chopped Parsley.

Cut the meat from the head into neat slices, chop the brains, skin and slice the tongue.

Melt the margarine, add the flour and cook for a minute, then stir in the liquids by degrees. Bring to the boil, season, add the meat, brains and parsley. Simmer for ten minutes and serve.

Unrationed meat dishes

ROAST HEARTS.

2 Sheep's Hearts. 1 tablespoonful Breadcrumbs. 1 teaspoonful Parsley. 1 teaspoonful Shredded Suet. Salt and Pepper. A little Milk. Dripping.

Mix the breadcrumbs, seasoning, parsley and salt, and bind with a little milk. Wash the hearts thoroughly, cut away the pipes from the top and cut the dividing walls. Stuff the hearts, fold the flaps over and keep in place with a skewer.

Heat sufficient dripping in a strong saucepan to come half an inch up the sides. Put in the hearts and brown them all over, reduce the heat and cook gently for one hour, turning from time to time. Lift out the hearts, strain off most of the fat and make the gravy by sprinkling a level tablespoonful of **McDougall's Self-raising Flour** into the fat. Stir until brown, season and add vegetable water or hot water. Stir and bring to the boil.

TRIPE AND ONIONS.

1 lb. Tripe. 2 Large Onions. Salt and Pepper. 1 pint Milk and Water. 1 oz. McDougall's Self-raising Flour.

Bring the onions to the boil, then slice thinly. Wash the tripe thoroughly and cut into pieces. Put the tripe and onions in a saucepan, season and cover with the milk and water. Simmer for two hours. Mix the flour to a smooth paste with a little milk, then stir this paste into the tripe and onions. Stir and boil for five minutes. Serve.

STEWED OXTAIL WITH DUMPLINGS.

1 Oxtail. 2 oz. Dripping. 1 oz. McDougall's Self-raising Flour. 1 Large Carrot. 1 Large Onion. Parsley. Salt and Pepper. Cold Water. Dumplings (*see page 25*).

Divide the tail into pieces about one and a half inches long, cut the thick portion in half, wash thoroughly and drain. Heat the dripping and fry the oxtail in it until well browned. Then fry the thinly-sliced onion. Remove the onion, fry the flour until brown, then stir in about three-quarters of a pint of hot water. Bring to the boil. Return the oxtail and onion to the pan, add the sliced carrot and seasoning. Simmer for three hours. Add the dumplings, cover and cook for a further twenty to thirty minutes. Sprinkle a little finely-chopped parsley over before serving.

CHEESE AND ONION PIE.

Short Crust Pastry, 6 oz. McDougall's Self-raising Flour, etc. (see page 26).

FILLING.

1/4 lb. Dry Grated Cheese. 3/4 lb. Onions. 1 teaspoonful Salt. 1/2 teaspoonful Pepper.

Grate the peeled onions on a suet grater, chopping the remaining pieces finely. Mix onion, cheese and seasoning thoroughly. Prepare the pastry.

Divide the pastry in half and roll out into two rounds. Line a seven-inch sandwich tin with one half and moisten the edges with beaten egg or water. Put in the filling and cover with the second round of pastry. Trim and decorate. Brush with beaten egg if liked. Bake in a fairly hot oven for forty minutes.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

CHEESE HOT POT.

1 lb. Potatoes. 1/2 lb. Cheese. 1/2 lb. Onions. Cold Water. Salt and Pepper.

Scrub the potatoes and slice fairly thinly. Slice the onions and grate the cheese. Arrange in layers in a hot pot or strong saucepan, season well and cover two-thirds with water. Bring to the boil and simmer gently for one and a half hours.

CHEESE AND POTATO PIE.

2 lbs. Mashed Potatoes. 1/2 lb. Cheese. 4 Tomatoes. Salt and Pepper.

Mash the potatoes with a little milk and seasoning. Add the sliced tomatoes and grated cheese. Put the mixture into a greased pie-dish and bake in a fairly hot oven for half an hour.

Regulo 6. *Other Cookers—400° Fahr. Just above the middle.*

SAGE AND ONION PLATE PIE.

Short Crust Pastry, 6 oz. McDougall's Self-raising Flour, etc. (see page 26). **1 lb. Onions. 1 heaped teaspoonful Powdered Sage. Salt and Pepper.**

Prepare the pastry and line an eight-inch plate with half of it. Grate the onions on a suet grater, chopping the remaining pieces finely. Mix well with the sage and seasonings. Put the filling on to the plate, moisten the edges, cover with the remainder of the pastry, trim and neaten.

Bake in a fairly hot oven for forty minutes.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

Meatless dishes

LENTIL SAUSAGE ROLLS.

Flaky Pastry, 8 oz. McDougall's Self-raising Flour, etc. (*see page 6*). **1/2 lb. Lentils. 1 pint Water. 1 Egg. 1 oz. Margarine. Salt and Pepper. 1 Medium-sized Onion (fried). Pinch of Mixed Herbs.**

Prepare the pastry and put aside in a cool place. Wash the lentils, cook in the water until tender and thick. Stir thoroughly towards the end of the cooking. Cool a little, add the beaten egg and the rest of the ingredients, beat well and season to taste. Leave to cool.

Roll out the pastry into a strip, turn the lentil mixture on a floured board, and form into two rolls the length of the pastry. Trim off the edges of the pastry, cut in half, brush the edges with beaten egg and put a lentil roll on each strip. Roll up, cut into even-sized pieces, mark across with the back of a knife, brush with beaten egg and place on a baking sheet.

Cook in a fairly hot oven for thirty minutes.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

VEGETABLE PUDDING.

SUET PASTRY.

1/2 lb. McDougall's Self-raising Flour. 2-3 oz. Shredded Suet. 1/4 teaspoonful Salt. Cold Water to mix.

FILLING.

1/2 lb. Cooked Butter or Haricot Beans. 1 Large Grated Carrot. 1 Large Grated Onion. 2 Leeks sliced thinly. 1 Small Turnip sliced thinly. 1/4 teaspoonful Mixed Herbs. Salt and Pepper. 1 Meat Cube dissolved in a Teacup of Boiling Water and allowed to cool.

Grease a pudding basin and make the pastry thus. Sieve the flour and salt into a basin, add the suet and mix to a light dough with cold water. Cut off one-third of the pastry for the lid, roll the remainder into a round and line the basin with it. Mix all the vegetables thoroughly with the herbs and seasoning. Put them into the basin, add the liquor and cover with the remainder of the pastry. Twist a piece of greased greaseproof paper over the top and steam for two and a half hours.

Any vegetables available, according to season, may be used.

CHEESE AND CELERY FLAN.

CHEESE PASTRY.

4 oz. McDougall's Self-raising Flour. Pinch of Salt, Pepper or Cayenne Pepper. 2 oz. Margarine. 2 oz. Finely Grated Cheese. 1 Yolk of Egg and 1 tablespoonful of Cold Water.

FILLING.

1 head Celery. 1 oz. Margarine. 1 oz. McDougall's Self-raising Flour. 1/4 pint Milk. 1/4 pint Water (in which Celery has been cooked). 2 oz. Grated Cheese. Salt and Pepper or Cayenne Pepper.

Prepare the celery and cook in boiling salted water until tender. Sieve the flour and salt into a basin, rub in the margarine, add the cheese and pepper and mix to a firm paste with the egg yolk and water, or water. Roll out into a round and line an eight-inch flan ring or sandwich tin. Put a large round of greased greaseproof paper on the pastry and fill it with breadcrusts or rice to keep it in place. Bake in a fairly hot oven for twenty minutes. Remove the paper and filling and put back to dry for five minutes.

Meanwhile, melt the margarine, add the flour, cook for a minute, stir in the liquids gradually and boil for two minutes. Add the cheese, seasoning and chopped celery and bring to the boil. Pour into the flan case and serve hot or cold.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

POTATO AND ONION PIE.

Short Crust Pastry (*see page 26*). **1 1/2 lbs. Scrubbed Unpeeled Potatoes. 1/2 lb. Onions. 1 Meat Cube, 3/4 pint Boiling Water. Salt and Pepper. Pinch of Mixed Herbs, if liked.**

Dissolve the meat cube and allow to cool. Slice the potatoes and onions thinly, arrange in layers in a pie-dish, season and add the herbs. Pour the liquid over. Cover the pie as for Fruit Tart (*see page 26*). Cook for half an hour in a fairly hot oven, cover with greased paper and move the pie lower in the oven and cook for a further one and a half hours.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

Ways of using Cold Meat

TOAD-IN-THE-HOLE.

½ lb. Tender Steak, or Underdone Meat or Sausages. Salt and Pepper. ¼ lb. McDougall's Self-raising Flour. 1 Egg. ½ pint Milk.

Make an ordinary batter of the flour, milk, egg and seasoning. Beat well. Cut the steak or meat into neat pieces. Put a little lard in a fire-proof dish or Yorkshire Pudding tin, and heat until a faint blue smoke appears over the surface. Put in the meat or sausages and pour the batter over. Bake in a hot oven for thirty to forty minutes.

Regulo 7. *Near the top of the oven.* *Other Cookers—420° Fahr.*

SHEPHERD'S PIE.

½ lb. Cold Meat. 1 Cooked Onion. 1 lb. Mashed Seasoned Potatoes. 1 teaspoonful Worcester Sauce. Gravy, Oxo or Stock. Salt and Pepper.

Pass the meat and onion through a mincer, season, add the sauce and sufficient liquid to moisten well, and put into a pie-dish. Pile the potato on top, smooth with a knife dipped in hot water, and then mark with a fork. Re-heat in a fairly hot oven for half an hour.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

MINCE AND RICE.

1 lb. Cold Meat (minced). ¼ lb. Rice—Patna if available. ½ pint Oxo. Salt and Pepper. 4 Tomatoes. 1 Fried Onion.

Prepare the Oxo in a saucepan, add the meat, onion and seasonings, and sliced tomatoes. Simmer gently whilst the rice is cooking.

Wash the rice, soak it for twenty minutes, and cook in fast-boiling salted water for ten minutes. Strain, pass a cupful of hot water through it.

Arrange the mince on a hot dish and pile the rice around it.

BAKED MINCE PUDDING.

1 lb. of Raw or Cooked Minced Beef. 2 large Tomatoes. 1 tablespoonful Worcester Sauce. 1 tablespoonful finely-chopped Onion. Salt and Pepper. Gravy, Stock or Water to moisten. Suet Pastry (*see page 19*).

Slice the tomatoes, add them, the seasoning and sauce to the meat. If cooked meat is used, more liquid will be needed to moisten than when raw meat is used. Put the mixture into a greased pie-dish. Prepare the pastry and roll it out into the shape and size of the top of the pie-dish, moisten the edges and cover the dish.

Bake in a moderately hot oven for three-quarters of an hour, according to the thickness of the pastry. Serve with Brown Sauce (*see page 19*).

Regulo 5. *Other Cookers—390° Fahr. Middle shelf.*

Ways of using Cold Meat

BROWN SAUCE.

1 oz. Dripping. 1 oz. McDougall's Self-raising Flour. 1/2 pint Stock or Water. 1 Small Onion. Small piece of Carrot. A little Celery (if available). Salt and Pepper.

Melt the dripping, fry the chopped onion, carrot and celery until brown. Lift out and drain well. Add the flour and fry until brown, stirring all the time. Add a little more dripping if required. Stir in the liquid gradually, bring to the boil, add the seasoning and vegetables. Simmer for half an hour, stirring frequently. Strain and use as required.

SAVOURY ROLY POLY.

SUET PASTRY.

1/2 lb. McDougall's Self-raising Flour. 3 oz. Shredded Suet. 1/4 teaspoonful Salt. 1/4 pint of Cold Water.

FILLING (Mix thoroughly).

1/2 lb. Raw or Cooked Minced Meat. 1 tablespoonful Chopped Parsley. 1 tablespoonful Chopped Onion. Salt and Pepper. 2 tablespoonfuls Cold Water or Gravy.

Sieve the flour and salt into a basin, add the suet and mix well. Bind to a fairly stiff paste with cold water. Knead lightly until smooth. Roll out into an oblong about one-third of an inch thick. Moisten the edges with water and spread the filling to within an inch of the edges. Roll up and pinch the joins together. Wrap in greaseproof paper, then tie in a greased pudding cloth. Boil for one and a half hours. Turn out and serve with good gravy.

MINCE LAYER PUDDING.

1/2 lb. McDougall's Self-raising Flour. 3 oz. Shredded Suet. 1/4 teaspoonful Salt. 1/4 pint Cold Water.

FILLING (Mix thoroughly).

1/2 lb. Raw or Cooked Minced Meat. 1 tablespoonful Chopped Parsley. 1 tablespoonful Chopped Onion. Salt and Pepper. 2 tablespoonfuls Cold Water or Gravy.

Sieve the flour and salt into a basin, add the suet and mix well. Bind to a fairly stiff paste with cold water. Knead lightly until smooth. Grease a pudding basin and put a small round of the pastry at the bottom, spread with some of the filling, cover with another layer of pastry. Continue with alternate layers of pastry and filling, finishing with a layer of pastry. Cover with greased greaseproof paper. Steam for two hours. Turn out and serve with a good gravy or Brown Sauce.

Ways of using Cold Meat

COLD MEAT PASTIES.

FILLING.

Short Crust Pastry (*see page 26*). **1/2 lb. Minced Cold Meat. 1 thin slice Minced Onion. 2 tablespoonfuls Worcester Sauce. 2 Tomatoes (sliced). 2 tablespoonfuls Chopped Carrots or other cold Vegetables. 2 tablespoonfuls Gravy or Water. Salt and Pepper.**

Prepare the filling and mix all the ingredients thoroughly in a basin. Make the pastry and cut into four pieces. Roll out each piece into a round and brush the edges with water or beaten egg. Divide the mixture evenly and place a portion on each round. Bring the edges together in the centre, pinch well and trim into flutes, between the finger and thumb. Make a slit in each side of the pastry with a pointed knife. Brush with beaten egg if liked, place on a greased baking sheet and bake in a fairly hot oven for twenty minutes.

Regulo 6. *Other Cookers—400° Fahr. Just above the middle.*

COLD MEAT FRITTERS.

MEAT MIXTURE.

1/2 lb. Minced Cooked Meat. 1 tablespoonful Chutney. Salt and Pepper. 1 oz. Dripping. 1 oz. McDougall's Self-raising Flour. 1/4 pint Stock or Water.

BATTER.

1/4 lb. McDougall's Self-raising Flour. Pinch Salt. 1 Egg. Approximately 1/4 pint Milk.

Melt the dripping, add the flour, cook for a minute, then stir in the liquid. Stir and cook until a soft ball of paste is formed. Add the meat, chutney and seasonings, mix thoroughly and leave to cool. Shape into even-sized balls or rolls.

To make the batter. Sieve the flour and salt into a basin, add the egg and stir in the milk by degrees, mixing to a consistency stiff enough to coat the back of the spoon.

Dip the meat balls in the batter and fry in a deep pan of smoking fat until golden brown.

Corned Beef can be used in the foregoing Recipes.

QUICKLY-MADE BREAD.

1 lb. McDougall's Self-raising Flour. 1 teaspoonful Salt. 1 Egg. 1 oz. Margarine. 1/2 pint Milk.

Sieve the flour and salt into a basin. Make a well in the centre. Beat up the egg, melt the margarine in a saucepan and when tepid add to the egg. Also add nearly all the milk. Pour into the centre of the flour and work up into a soft dough. Cut into two, and shape quickly into a long twist. Brush over with beaten egg or milk to give a gloss. Bake on a greased tin in a fairly hot oven for about thirty-five minutes.

Regulo 7. *Other Cookers—420° Fahr. Middle shelf.*

DRIPPING CAKE.

1/2 lb. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 1/4 lb. Beef Dripping. 3 oz. Granulated Sugar. 1 Egg. 3 oz. Raisins. 2 oz. Currants. 3/4 gill Milk (1 gill=1/4 pint).

Brush a six-inch cake tin with melted lard and dredge with flour. Sieve the flour and salt into a basin, rub in the dripping, add the sugar and fruit, mix well. Add the beaten egg and milk and beat well together. Put the mixture into the prepared tin and bake in a moderately hot oven for one hour and ten minutes.

Regulo 4. *Other Cookers—380° Fahr. Middle shelf.*

SUGARLESS CAKE.

1/2 lb. McDougall's Self-raising Flour. Pinch of Salt. 1/4 lb. Margarine. 1 heaped teaspoonful Carraway Seeds or 1/2 teaspoonful Ground Ginger or Mixed Spice or 4 oz. Chopped Dates. 2 Eggs. 3/4 gill of Milk (1 gill=1/4 pint).

Sieve the flour and salt into a basin, rub in the margarine then add the carraway seeds. Beat the eggs, add them and the milk, and beat thoroughly. Place the mixture in a lined six-inch cake tin and bake for one hour in a moderately hot oven.

Regulo 4. *Other Cookers—380° Fahr. Middle shelf.*

ORANGE BUNS.

1/2 lb. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. 1/4 lb. Dripping or Margarine. 3 oz. Sugar. 1 Egg. Grated Rind of 1 Orange. 2 tablespoonfuls Orange Juice. 3 tablespoonfuls Milk.

Sieve the flour and salt into a basin, rub in the dripping, add the orange rind and sugar, and mix well. Beat the egg, add the orange juice and stir into the dry ingredients together with the milk. Beat thoroughly and put the mixture into small baking cases.

Cook for fifteen to twenty minutes in a fairly hot oven.

Regulo 5. *Other Cookers—390° Fahr. Middle shelf.*

Bread, Cakes, etc.

JAM SANDWICH.

4 oz. McDougall's Self-raising Flour. Pinch of Salt. 2 oz. Sugar. 1 tablespoonful Warmed Syrup. 4 oz. Margarine. 2 Eggs.

Grease an eight-inch sandwich tin and dust with flour. Beat the margarine until soft, add the sugar and cream well together. Stir in the syrup and beat again. Add the eggs one at a time, together with a tablespoonful of the sieved flour. Beat well between each addition. Stir in the remainder of the flour and spread the mixture in the prepared tin. Bake in a moderately hot oven for thirty minutes.

Regulo 5. *Other Cookers—390° Fahr. Middle shelf.*

When the sandwich is cold, split and spread with jam.

BANANA CAKE.

8 oz. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 4 oz. Margarine. 2 tablespoonfuls Golden Syrup. 1/2 teaspoonful Grated Lemon Rind. 2 Mashed Bananas. 2 Eggs.

Grease a seven-inch cake tin and dust with flour. Put the syrup and margarine into a saucepan over low heat, and warm until the margarine is melted.

Sieve the flour and salt into a basin, add the lemon rind and mashed bananas. Stir in the beaten eggs and warmed ingredients. Beat thoroughly and put the mixture into the prepared tin. Bake in a moderately hot oven for one hour.

Regulo mark 4. *Other Cookers—380° Fahr. Middle shelf.*

FRUIT CAKE.

8 oz. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 4 oz. Margarine. 2 oz. Sugar. 1 tablespoonful Warmed Golden Syrup. 2 Eggs. 4 oz. Currants. 4 oz. Sultanas. 2 oz. Chopped Peel. 1/2 gill Milk.

Grease a six-inch cake tin and dust with flour. Beat the margarine until soft, add the sugar, and cream well together. Beat the golden syrup into the creamed mixture. Add the eggs one at a time, together with a tablespoonful of the sieved flour. Beat well between each addition. Add the milk and the remainder of the flour and fruit. Stir thoroughly and put the mixture into the tin. Bake in a moderately hot oven for one and a half hours.

Regulo mark 4. *Other Cookers—380° Fahr. Middle shelf.*

DATE CAKE.

1/2 lb. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. 4 oz. Margarine. 2 oz. Sugar. 1 tablespoonful Warmed Golden Syrup. 4 oz. Currants. 4 oz. Dates (chopped and stoned). 1 oz. Mixed Peel (cut up small). 1/2 teaspoonful Mixed Spice. 1 Egg. 3/4 gill Milk.

Sift the flour and salt into a basin. Rub in the fat, add all the dry ingredients and mix well. Beat up the egg, add the milk and syrup and stir into the dry ingredients. Mix well together, put into a greased cake tin and bake in a moderate oven for an hour and a quarter.

Size of tin required—six inches diameter and three inches deep.

Regulo 4. *Other Cookers—380° Fahr. Middle shelf.*

EGGLESS CAKE.

4 oz. McDougall's Self-raising Flour. 2 1/2 oz. Margarine. 3 oz. Castor Sugar. Good pinch of Salt. 1 1/2 teaspoonfuls Grated Lemon Rind. 2 oz. Currants. 3/4 gill of Milk (1 gill=1/4 pint).

Grease and flour a cake tin, four and a half inches across and three inches deep. Beat the margarine and sugar together until soft and creamy. Stir in the sieved flour and milk alternately. Lastly add currants, salt and lemon rind.

Stir thoroughly and put into prepared tin.

Bake for one hour.

Regulo 4. *Other Cookers—380° Fahr. Middle shelf.*

GINGER COCOANUT BISCUITS.

6 oz. McDougall's Self-raising Flour. 3 oz. Ground Rice. 1/2 teaspoonful Ground Ginger. Good pinch of Salt. 3 oz. Sugar. 3 oz. Margarine. 6 oz. Golden Syrup. 1 Egg. 3 oz. Desiccated Cocoanut.

Warm the sugar, syrup and margarine together in a saucepan large enough to hold all the ingredients. When the sugar is dissolved add the sieved flour, ground rice, salt, ginger and cocoanut together with the beaten egg. Mix very thoroughly. Leave for several hours or until the next day. Roll out very very thinly on a well-floured board. Cut into rounds with a two-inch cutter and bake in a moderately hot oven for twenty minutes.

Regulo 3. *Other Cookers—370° Fahr. Middle shelf.*

For additional Recipes see our Cake Book.

CHOCOLATE CUSTARD TART

PASTRY

6 oz. McDougall's Self-raising Flour. Pinch of Salt. 3 oz. Margarine. Cold Water to mix.

CUSTARD

¼ pint Sweetened Condensed Milk. ½ pint Water. 2 level tablespoonfuls Cocoa. 3 Eggs. Vanilla Essence.

Make the pastry and roll it out into a round. Line a pie tin with it, pressing the pastry well against the bottom and sides. Decorate the top in a way that will allow the pie to be removed from the tin. Mix the cocoa to a smooth paste with a little of the water, stir in the milk and the rest of the water. Stir and heat but do not boil. Pour on to the lightly beaten eggs, and strain into the pastry. Bake in a moderate oven for 40 minutes.

Size of pie tin 7½ ins. across the top, 5½ ins. across the bottom and 1¾ ins. deep. Grease the tin slightly.

Regulo 5. *Other Cookers—390° Fahr. Middle shelf.*

APPLE CAKE

½ lb. McDougall's Self-raising Flour. ⅛ teaspoonful Salt. ¼ lb. Margarine or Lard. 3 oz. Sugar. 1 large Tart Cooking Apple (approximately ½ lb.). 1 Egg. 1 tablespoonful Milk.

Sieve the flour and salt into a basin, rub in the margarine, add the sugar and the apple shredded on a suet grater. Mix well, then stir in the beaten egg and milk. Beat thoroughly and put the mixture into a shallow greased tin.

Bake in a moderately hot oven for forty-five minutes.

Size of tin 9 ins. × 7 ins.

Regulo 5. *Other Cookers—390° Fahr. Middle shelf.*

JAM CAKE

½ lb. McDougall's Self-raising Flour. ⅛ teaspoonful Salt. 4 oz. Margarine. 3 oz. Sugar. 1 Egg. 3 tablespoonfuls Milk. Jam.

Sieve the flour and salt into a basin, rub in the margarine, add the sugar, then the beaten egg and milk. Mix thoroughly with a fork. Divide into two and roll out into two rounds about six inches across. Put one round on to a greased baking sheet, spread with jam and place the other round on the top. Bake in a moderately hot oven for half an hour.

Regulo 5. *Other Cookers—390° Fahr. Middle shelf.*

JAM LAYER PUDDING.

10 oz. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 3 oz. Shredded Suet. Cold Water to mix. Jam.

Grease a pudding basin and put a tablespoonful of jam at the bottom. Sieve the flour and salt into a basin, add the suet and mix to a light dough with the water. Roll out a small round of the pastry and put it over the jam. Continue with layers of jam and pastry, finishing with a layer of pastry. Cover with greased paper and steam for two hours.

ALTERNATIVE FILLINGS.

Golden Syrup, Lemon Rind and Breadcrumbs. Chopped Dates, Lemon Juice and Golden Syrup. Mincemeat. Any surplus Tinned or Stewed Fruit such as Dried Apricots, Apples, Black Currants.

SUET DUMPLINGS.

1/2 lb. McDougall's Self-raising Flour. 2 oz. Shredded Suet. 1/2 teaspoonful Salt. About 1/4 pint Water.

Sift the flour and salt together into a basin. Add the shredded suet and mix to a firm dough with cold water. Cut into sixteen pieces and roll each lightly into balls, drop them into boiling water and boil for twenty-five minutes. These may be dropped into soups, meat or gravy stews, boiling beef or other meats.

YORKSHIRE PUDDING.

1/4 lb. McDougall's Self-raising Flour or McDougall's Plain Flour. 1 Egg. 1/2 pint Milk. 1/2 teaspoonful Salt.

Sift the flour and salt into a basin, break the egg into the centre and add half the milk. Stir with a wooden spoon to a smooth paste, and beat well. Then by degrees add the rest of the milk. See that the mixture is quite free from lumps. Heat two or three tablespoonfuls of dripping in a tin until smoking hot, then pour the batter in at once and bake in a hot oven for forty minutes. Cut into square pieces and arrange on a hot dish and serve at once.

Regulo 7. *Other Cookers—420° Fahr. Near top of oven.*

RHUBARB AND DATE PIE.

Short Crust Pastry (*see page 26*). **Rhubarb. 1/2 lb. Dates. 3 tablespoonfuls Golden Syrup. A little Cold Water.**

Trim and wash the rhubarb, cut into pieces and put half of it into the pie-dish, adding a little water. Chop the dates, add them and the syrup. Cover with the remainder of the rhubarb. Make the pastry, cover and cook the pie as directed for Fruit Tart (*see page 26*).

Puddings

SHORT CRUST PASTRY.

1/2 lb. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 4 oz. Margarine or Lard or Cooking Fat and Margarine mixed. About 4 tablespoonfuls Cold Water.

Sift the flour and salt into a basin, add the fat and cut it up into small pieces with a knife. Then rub it in with the finger tips until it resembles fine breadcrumbs. Add the water and mix to a stiff paste using a knife. Turn out on to a floured pastry board, form into a neat shape and roll out to the shape and thickness required. Bake in a hot oven. A very nice finish is given if the pastry is brushed over with water (or white of egg) and sprinkled with sugar just before it goes into the oven.

***Regulo Mark 6** for fruit pies, from thirty to fifty minutes according to size ; **Mark 7** for jam tarts and small pieces of pastry.*

FRUIT TART.

Short Crust Pastry (see *above*). **1 1/2 lb. Fruit in season. 3-4 oz. Sugar to sweeten, or Honey or Golden Syrup. 2 tablespoonfuls Water, according to the juiciness of the Fruit.**

Prepare the fruit before making the pastry, except apples which are inclined to discolour and should therefore be prepared *after* the pastry is made. Put half the fruit into the pie-dish, add the sweetening agent and water, then the remainder of the fruit.

Prepare the pastry as follows :—

Roll out into an oblong two inches larger than the total size of the pie-dish. Cut off a narrow strip all round wide enough to cover the edge of the dish. Damp the edges of the pie-dish and put on the strip, pressing lightly and damping the strip with water. Cover the pie with the remainder of the pastry, avoiding stretching, otherwise the pastry will shrink during the cooking. Press the edges lightly and trim off the surplus pastry with a knife. Hold the knife at an angle outwards from the edge of the dish and trim with sharp short strokes. With the back of the knife " tap " up the edges of the pastry, then decorate according to personal taste.

Bake in a fairly hot oven for twenty minutes to set the pastry, reducing the heat or moving the pie lower in the oven until the fruit is cooked. If liked the pie may be brushed with water or white of egg and dusted with castor sugar and returned to the oven for five minutes.

Size of pie-dish—nine and a quarter inches by seven inches by two inches.

***Regulo 6, then 4.** Middle shelf. Other Cookers—400° Fahr., reducing to 380° Fahr.*

DATE PUDDING.

6 oz. McDougall's Self-raising Flour. 2 oz. Breadcrumbs. 3 oz. Shredded Suet. 4 to 6 oz. Dates (stoned and chopped). 2 oz. Sugar. 1 Egg. Milk to mix. Pinch of Salt.

Sift the flour and salt into a basin, and add the breadcrumbs, suet, sugar and dates and mix well. Mix to a soft dough with egg and milk and pour into a greased basin and steam for two and a half hours.

APPLE SPONGE.

2 or 3 Apples, according to size. 2 oz. Margarine. 2 oz. Castor Sugar. 4 oz. McDougall's Self-raising Flour. 1 Egg. Little Milk.

Grease a pie-dish, peel apples and slice. Put into the pie-dish, cover with sugar and add a tablespoonful of water. Put into the oven to warm. Cream the margarine and sugar well together until very soft, add the egg and a little flour and beat thoroughly, stir in the remaining flour and enough milk to make a soft cake mixture. Spread over apples and bake in a moderately hot oven for thirty to forty minutes.

Regulo 5. *Other Cookers—390° Fahr. Middle of the oven.*

N.B.—Any stewed fruit may be used, but most of the juice should be omitted.

PRUNE PIE.

Short Crust Pastry (*see page 26*). **1 lb. Prunes. Cold Water. 2 tablespoonfuls Black Treacle or Syrup. 2 tablespoonfuls Prune Juice. Nutmeg.**

Wash the prunes, soak overnight in cold water, but do not add any sugar. Cook the prunes and allow to cool. Prepare the pastry, cut in half and roll out into two rounds large enough to line an eight-inch pie plate. Line the plate, add half the prunes and juice, and then the treacle and nutmeg. Add the rest of the prunes. Moisten the edges of the pastry, cover with the second round of pastry, neaten and decorate.

Bake in a fairly hot oven for twenty-five minutes.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

APPLE AND TREACLE TART.

Short Crust Pastry (*see page 26*). **1½ lbs. Cooking Apples. 2 tablespoonfuls Syrup. Grated Rind 1 Orange. 3 tablespoonfuls Water.**

Prepare the pastry and line a nine-inch pie plate with half of it. Peel and slice the apples. Put half of them on the plate, add the orange rind, syrup and water. Add the remainder of the apples, moisten the edges of the pastry, and cover with the remainder of the pastry. Trim and decorate.

Bake in a fairly hot oven for twenty minutes, then reduce the heat or move the pie lower in the oven until the apples are tender.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

Puddings

APRICOT PUDDING.

½ lb. Stewed Dried Apricots (no Sugar). 3 tablespoonfuls Shredded Suet. 2 tablespoonfuls Golden Syrup. 6 tablespoonfuls Breadcrumbs. 1 oz. Margarine.

Drain the apricots from the water and cut them into three or four pieces. Grease a pie-dish and arrange the fruit, syrup, suet and breadcrumbs in layers, finishing with a layer of breadcrumbs. Dot the margarine on the top and bake in a moderate oven for three-quarters of an hour. The apricot juice may be heated and served with the pudding if liked.

Regulo 5. *Other Cookers—390° Fahr. Middle shelf.*

INEXPENSIVE ORANGE PUDDING.

14 oz. McDougall's Self-raising Flour. ½ teaspoonful Salt. 4 oz. Sugar. The Juice of 3 Oranges made up with Water to ½ pint, plus 3 tablespoonfuls Water. 4 oz. Chopped Suet. Grated Rind of 3 Oranges.

Put the flour, salt, sugar, and suet into a basin, and mix them together. Pour in the orange juice and water and the grated rind of the oranges, and stir them with the dry ingredients. Beat well, then put the mixture in a greased basin, cover with greased paper, and steam for three hours.

Turn out and serve with Orange Sauce.

WHITE SAUCE.

1 oz. Margarine. ¾ oz. McDougall's Self-raising Flour. ½ pint Milk. Salt or Sugar to taste according to the use for which the Sauce is intended.

Melt the margarine in a small saucepan and add the flour all at once, stir with a small wooden spoon, cook for a second or two and then add the milk by degrees, stirring well after each addition until the milk is thoroughly absorbed. Boil well. At this stage the sauce must be free from all lumps and creamy in consistency. Sweeten or flavour in whatever way required or desired. If it is necessary to keep a sauce hot before serving, damp a piece of greaseproof paper and put it right on to the sauce, and then put on the lid and keep the pan hot in another containing hot water. In this way no skin will form.

ORANGE SAUCE.

1 Large Orange. ½ pint Water. 2 to 3 tablespoonfuls Sugar (or to taste). 1 dessertspoonful McDougall's Self-raising Flour.

Blend the flour with some of the cold water. Peel the orange very thinly so that the skin is yellow both sides and use a stainless knife. Simmer the rind in the water for fifteen minutes, then strain and add the juice, pour over the blended flour, stir, and bring to the boil. Add the sugar and serve.

SPOTTED DICK.

1/2 lb. McDougall's Self-raising Flour. 3 oz. Shredded Suet. 1/4 teaspoonful Salt. 2 oz. Sugar. 3 oz. Currants. 2 oz. Sultanas. Water or Milk to mix.

Sift the flour and salt into a basin, add the suet, sugar and fruit and mix to a moderately soft dough, with the milk. Put into a greased basin, cover the top with a greased paper and steam for two and a half hours.

APPLE AND CURRANT BATTER.

1/4 lb. McDougall's Self-raising Flour. Good pinch of Salt. 1 Egg. 1/2 pint of Milk. 1 lb. Cooking Apples. 4 oz. Currants. 3 to 4 tablespoonfuls Sugar.

Sieve the flour and salt into a basin. Make a well in the centre, add the egg and a little milk. Draw in the flour from the edges, adding some of the milk gradually to make a smooth paste. Beat well then stir in the rest of the milk. Heat a little lard in a Yorkshire pudding tin until smoking hot, and meanwhile, prepare and slice the apples. Put half the batter into the very hot fat, add the apples, then the sugar and currants. Lastly, pour the rest of the batter over.
Bake in a hot oven for forty minutes.

Size of tin—twelve inches by nine and a half inches by two and a half inches.

***Regulo* 7.** *Other Cookers—420° Fahr. Second shelf from top.*

TREACLE PUDDING.

1/2 lb. McDougall's Self-raising Flour. 3 oz. Shredded Suet. 1 Egg. 1/2 teaspoonful Ground Ginger. 1/4 teaspoonful Salt. About 1/4 pint Milk. 2 oz. Golden Syrup or Treacle.

Sift the flour and salt into a basin and soften the syrup by warming. Mix all the dry ingredients and add the beaten egg, syrup and milk. Pour into a greased basin, cover with a greased paper and steam for two hours. Serve with warmed syrup.

BANANA PUDDING (no sugar).

8 oz. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 3 oz. Margarine. 1 tablespoonful Golden Syrup. 2 Mashed Bananas. 1 teaspoonful Grated Lemon Rind. 1 tablespoonful Lemon Juice. 1 Egg.

Put the syrup and margarine into a saucepan and warm over low heat. Sieve the flour and salt into a basin, add the lemon rind and mashed bananas. Stir in the lemon juice, beaten egg and warmed ingredients. Beat thoroughly and put the mixture into a greased basin. Cover with greased paper and steam for one and a half hours.

Puddings

BANANA FLAN (no sugar).

Short Crust Pastry, half quantity (*see page 26*).

FILLING.

Raspberry Jam. 2 Bananas. 1 tablespoonful Lemon Juice. 1 oz. Custard Powder. 1/2 pint Milk.

Make the pastry, line an eight-inch sandwich tin with it and bake as directed for Summer Fish Flan (*see page 7*). Allow to cool. Spread the pastry with jam then with the mashed bananas. Add the lemon juice. Mix the custard powder with a little of the cold milk, boil the rest of the milk and pour it on to the blended mixture. Return it to the saucepan, stir and boil for two minutes, then pour over the bananas.

Serve cold.

BANANA PUFFS.

PASTRY.

6 oz. McDougall's Self-raising Flour. 1/8 teaspoonful Salt. 3 oz. Margarine. Cold Water.

FILLING.

4 Large Bananas. Raspberry Jam.

Prepare the short crust pastry, roll out into a square and cut into four. Moisten the edges of the pastry with water. Cut each banana in half, spread thinly with raspberry jam and put one piece on each square of pastry. Roll up and place on a lightly greased baking sheet. Cook for twenty minutes in a fairly hot oven. Serve hot or cold.

Regulo 6. *Other Cookers—400° Fahr. Middle shelf.*

HONEY AND GINGER PUDDING.

8 oz. McDougall's Self-raising Flour. 1/4 teaspoonful Salt. 2 1/2 oz. Shredded Suet. 1/4 pint Cold Water. Warmed Honey. 4 oz. Chopped Ginger.

Grease a pudding basin and put a little honey at the bottom. Sieve the flour and salt into a basin, add the suet and mix to a light dough with the water. Cut off a small piece of pastry, roll into a round and put at the bottom of the basin, add a little honey and some of the ginger. Continue with a layer of pastry and honey and ginger, finishing with a layer of pastry. Cover with greased greaseproof paper and steam for one and a half hours.

For additional Recipes see our Pudding Book.

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Horrocks & Co., Ltd., 121, Kingsway, London and Ashton-under-Lyne.

McDOUGALL'S
WARTIME SERVICE

THIS BOOKLET is offered to you as McDougall's contribution to the Ministry of Food's Economy effort.

Many months of experiment and research have been spent by McDougall's Research Department under the supervision of their Cookery Expert, Miss Janet Johnston, in evolving and trying out a large number of Wartime recipes with a view to helping the housewife in her difficult task of utilising her rations to the best advantage. These have been incorporated in this little booklet.

Every recipe has been tried out in McDougall's Experimental Kitchen, and they are all good. Particular attention has been given to the food values of the various ingredients available, so that well-balanced meals can always be provided.

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